

Full Report (All Nutrients) 01058, Sour dressing, non-butterfat, cultured, filled cream-type

Report Date: December 09, 2015 19:25 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tbsp 12g	1 cup 235g
Proximates						
Water	g	74.79	--	--	8.97	175.76
Energy	kcal	178	--	--	21	418
Energy	kJ	743	--	--	89	1746
Protein	g	3.25	--	--	0.39	7.64
Total lipid (fat)	g	16.57	--	--	1.99	38.94
Ash	g	0.71	--	--	0.09	1.67
Carbohydrate, by difference	g	4.68	--	--	0.56	11.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	4.68	--	--	0.56	11.00
Minerals						
Calcium, Ca	mg	113	--	--	14	266
Iron, Fe	mg	0.03	--	--	0.00	0.07
Magnesium, Mg	mg	10	--	--	1	24
Phosphorus, P	mg	87	--	--	10	204
Potassium, K	mg	162	--	--	19	381
Sodium, Na	mg	48	--	--	6	113
Zinc, Zn	mg	0.37	--	--	0.04	0.87
Copper, Cu	mg	0.010	--	--	0.001	0.024
Manganese, Mn	mg	0.002	--	--	0.000	0.005
Selenium, Se	µg	2.3	--	--	0.3	5.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.9	--	--	0.1	2.1
Thiamin	mg	0.038	--	--	0.005	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 12g	1 cup 235g
Riboflavin	mg	0.163	--	--	0.020	0.383
Niacin	mg	0.074	--	--	0.009	0.174
Pantothenic acid	mg	0.398	--	--	0.048	0.935
Vitamin B-6	mg	0.017	--	--	0.002	0.040
Folate, total	µg	12	--	--	1	28
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	1	28
Folate, DFE	µg	12	--	--	1	28
Choline, total	mg	14.9	--	--	1.8	35.0
Vitamin B-12	µg	0.33	--	--	0.04	0.78
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	0	7
Retinol	µg	3	--	--	0	7
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	10	--	--	1	24
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.34	--	--	0.16	3.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.1	--	--	0.5	9.6
Lipids						
Fatty acids, total saturated	g	13.272	--	--	1.593	31.189
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.319	2	--	0.038	0.750
10:0	g	0.824	2	--	0.099	1.936
12:0	g	2.256	2	--	0.271	5.302
14:0	g	2.793	2	--	0.335	6.564
16:0	g	2.819	2	--	0.338	6.625

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 12g	1 cup 235g
18:0	g	4.310	2	--	0.517	10.128
Fatty acids, total monounsaturated	g	1.958	--	--	0.235	4.601
16:1 undifferentiated	g	0.087	2	--	0.010	0.204
18:1 undifferentiated	g	1.873	2	--	0.225	4.402
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.468	--	--	0.056	1.100
18:2 undifferentiated	g	0.468	2	--	0.056	1.100
18:3 undifferentiated	g	0.000	2	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	5	--	--	1	12
Phytosterols	mg	15	--	--	2	35
Amino Acids						
Tryptophan	g	0.045	--	--	0.005	0.106
Threonine	g	0.147	--	--	0.018	0.345
Isoleucine	g	0.197	--	--	0.024	0.463
Leucine	g	0.318	--	--	0.038	0.747
Lysine	g	0.258	--	--	0.031	0.606
Methionine	g	0.082	--	--	0.010	0.193
Cystine	g	0.030	--	--	0.004	0.070
Phenylalanine	g	0.157	--	--	0.019	0.369
Tyrosine	g	0.157	--	--	0.019	0.369
Valine	g	0.217	--	--	0.026	0.510
Arginine	g	0.118	--	--	0.014	0.277
Histidine	g	0.088	--	--	0.011	0.207
Alanine	g	0.112	--	--	0.013	0.263
Aspartic acid	g	0.247	--	--	0.030	0.580
Glutamic acid	g	0.681	--	--	0.082	1.600
Glycine	g	0.069	--	--	0.008	0.162

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 12g	1 cup 235g
Proline	g	0.315	--	--	0.038	0.740
Serine	g	0.177	--	--	0.021	0.416
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0